CLAIMS

1. A method of treating a target tissue site, the method comprising:

selecting the tissue site based on a tissue profile or condition of the tissue site;

delivering energy to the tissue site at a first depth to achieve a first tissue effect using an energy delivery device;

delivering energy to the tissue site at a second depth to achieve a second tissue effect using an energy delivery device; and

remodeling at least a portion of tissue at the tissue site.

2. The method of claim 1, wherein the tissue site is selected based on an amount of convexity at the tissue site or an image of the tissue site.

3. The method of claim 1,wherein at least one of the first or the second tissue effect is a thermal adhesion or lesion.

4. The method of claim 1, wherein the first tissue effect is a two dimensional tightening of the skin surface.

5. The method of claim 1, wherein the second tissue effect is at least one of thermal lipolysis, three dimensional inward contouring, or three dimensional inward contouring of convex deformities.

6. The method of claim 1, wherein the second tissue effect is at least one of thermal contraction of the fibrous septae, thermal contraction of muscle, thermal contraction of fascia, skeletonization of the fibrous septae, three dimensional tissue repositioning, or three dimensional deep tissue repositioning of convex deformities.

7. The method of claim 1, wherein the energy delivery device for delivering energy to the first or the second depth is one of an RF energy

delivery device, a microwave energy delivery device, a laser or an ultrasound energy delivery device.

8. The method of claim 1, further comprising:

producing a thermal adhesion or lesion at the tissue site; and

remodeling at least a portion of tissue at the tissue site utilizing the thermal adhesion or lesion.

9. The method of claim 1, further comprising:

delivering a pattern of energy applications to the tissue site using the energy delivery device; and

producing a plurality of thermal adhesions or lesions wherein the plurality of adhesions or lesions is substantially continuous or at least partially overlapping.

10. The method of claim 1, further comprising:

delivering a vectored force to the tissue site.

11. The method of claim 1, further comprising:

cooling a layer of tissue or a surface layer of tissue of at least a portion of the tissue site.

12. The method of claim 1, further comprising:

producing a reverse thermal gradient within at least a portion of the tissue site.

13. The method of claim 1, further comprising:

producing at least one of a wound healing response or scar collagen induction within the tissue site.

14. The method of claim 1, further comprising:

substantially preserving at least a portion of a surface, a tissue layer or an epidermal layer at or adjacent the tissue site.

15. A method of treating a target tissue site, the method comprising:

identifying an aesthetic deformity at the treatment site;

choosing a treatment plan based on the aesthetic deformity;

delivering RF energy to the tissue site to achieve a tissue effect to correct the deformity using an energy delivery device; and

remodeling at least a portion of tissue at the tissue site.

16. The method of claim 15, wherein the aesthetic deformity is identified based on a degree of convexity, a degree of skin redundancy or an image of the treatment site.

17. The method of claim 15, wherein the tissue effect is at least one of a thermal adhesion or lesion, thermal lipolysis, three dimensional inward contouring of convex deformities, thermal contraction of the fibrous septae, thermal contraction of muscle, thermal contraction of fascia, skeletonization of the fibrous septae or three dimensional deep tissue repositioning of convex deformities.

18. The method of claim 15, wherein the treatment plan is a dermal treatment plan, a sub-dermal treatment plan, a two dimensional skin tightening plan or a three dimensional inward contouring plan.

19. The method of claim 15, further comprising:

controlling at least one of dose or the depth of energy delivery responsive to the identified deformity.

20. The method of claim 19, wherein the dose or depth or depth of energy delivery is controlled by at least one of the selection of electrode size, power, pre-cooling period, cooling period, or energy delivery time.